

## The STEMS pilot trial:

Bishop, Annette; Ogollah, Reuben O.; Jowett, Sue; Kigozi, Jesse; Tooth, Stephanie; Protheroe, Joanne; Hay, Elaine M.; Salisbury, Chris; Foster, Nadine E.

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**Supplementary Table S3:** Healthcare resource use by trial arm over 12 months. Results are number of patients (%) reporting each resource use type and mean (SD) number of visits/treatments per patient unless otherwise stated.

Resource use category	Control (n=318)		Intervention (n=237)	
	n (%)	Mean (SD) <sup>a</sup>	n (%)	Mean (SD)
<b>NHS</b>				
GP	218 (68%)	3.13 (3.95)	153 (64%)	2.85 (3.95)
Practice nurse	82 (26%)	0.87 (3.72)	52 (22%)	0.93 (4.21)
Physiotherapist	106 (33%)	1.93 (5.19)	96 (41%)	2.33 (5.10)
Orthopaedic surgeon	67 (21%)	0.47 (1.12)	36 (15%)	0.36 (1.01)
Rheumatologist	26 (8%)	0.16 (0.66)	12 (6%)	0.08 (0.39)
Acupuncturist	8 (3%)	0.13 (1.15)	5 (2%)	0.04 (0.31)
Chiropractor	7 (2%)	0.09 (0.81)	4 (2%)	0.03 (0.34)
Occupational therapist	15 (5%)	0.18 (1.16)	12 (5%)	0.11 (0.56)
Other healthcare professionals	29 (9%)	0.27 (1.06)	20 (8%)	0.20 (0.81)
<b>Private</b>				
Physiotherapist	18 (6%)	0.29 (1.72)	14 (6%)	0.71 (4.86)
Orthopaedic surgeon	7 (2%)	0.04 (0.33)	4 (2%)	0.03 (0.23)
Rheumatologist	0	0.00 (-)	1 (0.5%)	0.01 (0.13)
Acupuncturist	4 (1%)	0.07 (0.70)	8 (3%)	0.13 (0.92)
Chiropractor	9 (3%)	0.21 (1.94)	5 (2%)	0.15 (1.09)
Occupational therapist	0	0.00 (-)	1 (0.5%)	0.02 (0.25)
Other healthcare professionals	6 (2%)	0.08 (0.73)	3 (1%)	0.17 (2.22)
<b>Other resource use</b>				
Investigations (MRI, CT, X-rays, “scan”)	124 (39%)	1.88 (8.67)	86 (36%)	0.81 (1.52)
Injections	27 (8%)	0.16 (0.56)	19 (8%)	0.19 (0.93)
Inpatient stay in days	29 (9%)	0.65 (3.12)	22 (9%)	0.56 (3.82)
Prescribed Medication (n, %)	255 (80%)	-	185 (78%)	-
‘Over the counter’ treatments (n, %)	203 (63%)	-	141 (59%)	-
<b>Work-related outcomes</b>				
Time-off work due to musculoskeletal condition	20 (18%)	-	19 (19%)	-
Work absence days due to musculoskeletal condition	10.28	-	8.34	-

<sup>a</sup> Data is based on patients reporting resource utilisation and includes resource use data from patients who returned a questionnaire at both follow-up time points